

Workout #1896 - Monday, 02 August 2010
Masters - Lane 1-2
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 8:00 Free	REC	S	FR	1:00
800	6:09 AM	4 x 200 on 4:00 kick	EN1	K	FIN	1:00
800	6:26 AM	16 x 50 on :45 free	EN2	S	FR	0:45
400	6:39 AM	16 x 25 on :30 kick	EN2	K	FR	1:00
800	6:48 AM	8 x 100 on 1:35 free	EN2	S	FR	0:48
400	7:02 AM	8 x 50 on 1:00 kick	EN1	K	FR	1:00
800	7:11 AM	32 x 25 on :23 free	EN3	S	FR	0:46
400	7:25 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
	7:33 AM	4,800 Meters - Stress Value = 111				

Workout #1897 - Monday, 02 August 2010
Masters - Lane 3-4
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 8:00 Free	REC	S	FR	1:00
800	6:09 AM	4 x 200 on 4:00 kick	EN1	K	FIN	1:00
800	6:26 AM	16 x 50 on :55 free	EN2	S	FR	0:55
400	6:42 AM	16 x 25 on :30 kick	EN2	K	FR	1:00
800	6:51 AM	8 x 100 on 1:45 free	EN2	S	FR	0:52
400	7:06 AM	8 x 50 on 1:00 kick	EN1	K	FR	1:00
800	7:15 AM	32 x 25 on :25 free	EN3	S	FR	0:50
400	7:30 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
	7:38 AM	4,800 Meters - Stress Value = 111				

Workout #1898 - Monday, 02 August 2010
Masters - Lane 5-6
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 8:00 Free	REC	S	FR	1:00
800	6:09 AM	4 x 200 on 4:00 kick	EN1	K	FIN	1:00
800	6:26 AM	16 x 50 on 1:05 free	EN2	S	FR	1:05
400	6:45 AM	16 x 25 on :30 kick	EN2	K	FR	1:00
800	6:54 AM	8 x 100 on 2:00 free	EN2	S	FR	1:00
400	7:11 AM	8 x 50 on 1:00 kick	EN1	K	FR	1:00
800	7:20 AM	32 x 25 on :30 free	EN3	S	FR	1:00
400	7:37 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
	7:45 AM	4,800 Meters - Stress Value = 111				

Workout #1899 - Wednesday, 04 August 2010
Masters - Lane 1-2
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
400	5:40 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
400	5:49 AM	16 x 25 on :33 free	EN1	K	FIN	1:06
1,200	5:59 AM	4x{3 x 100 on 2:00 50 sp 50 st Rotate by 25	SP1	S	FR	1:00
2,000	6:24 AM	5x{4 x 50 on :45 Pull and fins	EN2	P	FR	0:45
		{4 x 25 on :20 pull and fins	EN2	S	FR	0:40
		{1 x 100 on 1:25 free	EN3	S	FR	0:42
		{1 on :20 free				
400	6:56 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
	7:04 AM	4,400 Meters - Stress Value = 176				

Workout #1900 - Wednesday, 04 August 2010
Masters - Lane 3-4
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
400	5:40 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
400	5:49 AM	16 x 25 on :33 free	EN1	K	FIN	1:06
1,200	5:59 AM	4x{3 x 100 on 2:00 50 sp 50 st Rotate by 25	SP1	S	FR	1:00
2,000	6:24 AM	5x{4 x 50 on :50 Pull and fins	EN2	P	FR	0:50
		{4 x 25 on :24 pull and fins	EN2	S	FR	0:48
		{1 x 100 on 1:30 free	EN3	S	FR	0:45
		{1 on :20 free				
400	6:59 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
	7:07 AM	4,400 Meters - Stress Value = 176				

Workout #1901 - Wednesday, 04 August 2010
Masters - Lane 5-6
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
400	5:40 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
400	5:49 AM	16 x 25 on :33 free	EN1	K	FIN	1:06
1,200	5:59 AM	4x{3 x 100 on 2:00 50 sp 50 st Rotate by 25	SP1	S	FR	1:00
2,000	6:24 AM	5x{4 x 50 on 1:00 Pull and fins	EN2	P	FR	1:00
		{4 x 25 on :27 pull and fins	EN2	S	FR	0:54
		{1 x 100 on 1:50 free	EN3	S	FR	0:55
		{1 on :20 free				
400	7:05 AM	1 x 400 on 8:00 free	REC	S	FR	1:00
	7:13 AM	4,400 Meters - Stress Value = 176				

Workout #1902 - Thursday, 05 August 2010
Masters - Lane 1-2
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE	
400	5:40 AM	1 x 400 on 8:00 free				1:00	
600	5:49 AM	8 x 75 on 1:30 drill	EN1	D	C	1:00	
600	6:02 AM	12 x 50 on :50 PULL	EN1	P	PAD	0:50	
500	6:13 AM	20 x 25 on :30 kick with fins	EN2	K	FIN	1:00	
2,500	6:24 AM	5x{4 x 25 on :25 free	EN2	S	FR	0:50	
		{3 x 50 on :48 free	EN2	S	FR	0:48	
		{2 x 75 on 1:10 free	EN2	S	FR	0:47	
		{1 x 100 on 1:30 free	EN2	S	FR	0:45	
		{1 on :30 rest	REC				
	7:06 AM	4,600 Meters - Stress Value = 81					

Workout #1903 - Thursday, 05 August 2010
Masters - Lane 3-4
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE	
400	5:40 AM	1 x 400 on 8:00 free				1:00	
600	5:49 AM	8 x 75 on 1:30 drill	EN1	D	C	1:00	
600	6:02 AM	12 x 50 on :50 PULL	EN1	P	PAD	0:50	
500	6:13 AM	20 x 25 on :30 kick with fins	EN2	K	FIN	1:00	
2,500	6:24 AM	5x{4 x 25 on :28 free	EN2	S	FR	0:56	
		{3 x 50 on :55 free	EN2	S	FR	0:55	
		{2 x 75 on 1:20 free	EN2	S	FR	0:53	
		{1 x 100 on 1:40 free	EN2	S	FR	0:50	
		{1 on :30 rest	REC				
	7:12 AM	4,600 Meters - Stress Value = 81					

Workout #1904 - Thursday, 05 August 2010
Masters - Lane 5-6
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE	
400	5:40 AM	1 x 400 on 8:00 free				1:00	
600	5:49 AM	8 x 75 on 1:30 drill	EN1	D	C	1:00	
600	6:02 AM	12 x 50 on :50 PULL	EN1	P	PAD	0:50	
500	6:13 AM	20 x 25 on :30 kick with fins	EN2	K	FIN	1:00	
2,500	6:24 AM	5x{4 x 25 on :33 free	EN2	S	FR	1:06	
		{3 x 50 on 1:00 free	EN2	S	FR	1:00	
		{2 x 75 on 1:27 free	EN2	S	FR	0:58	
		{1 x 100 on 1:55 free	EN2	S	FR	0:58	
		{1 on :30 rest	REC				
	7:17 AM	4,600 Meters - Stress Value = 81					